

U13/U15-1  
Practice Plan

| Time         | Drill                                    | Pg. | Coaching Tips                                    |
|--------------|--|-----|--|
| 00 to :10    | Dodging, scooping and taking shots       | -   | Loosen up and work on shot                       |
| :10 to :15   | Full body stretch                        | -   | Shoulders, legs, groin, and lower back           |
| :15 to :25   | Jog around the field, maybe some sprints | -   | Limbering up and preparing for drills            |
| :25 to :35   | Perimeter pass and shoot                 | 25  | Quick passes to stretch the defense              |
| :35 to :38   | Water break                              | -   | -  |
| :38 to :45   | Diagonal passing                         | 23  | Got to keep your head up                         |
| :45 to 1:00  | Passing Triangle                         | 18  | Keep the ball to the outside                     |
| 1:00 to 1:10 | Combination drill                        | 14  | Put together all of the different skills         |
| 1:10 to 1:20 | Four corner shooting                     | 31  | Quick shots and the goalie needs to get position |
| 1:20 to 1:30 | Inside out                               | 18  | Quick passes and moving in and out               |
| 1:30 to 1:35 | Water break                              | -   | -  |
| 1:35 to 1:45 | Scrimmage                                | -   | Work on the different tactics                    |
| 1:45 to 1:55 |  |     |  |
| 1:55 to 2:00 | Cool down                                | -   | Stretching, and taking a few shots               |



### **Midfield dodge and shot**

This is similar to an earlier drill, only it is performed from the mid-field area.

**What you need** – Set up three pylons at the restraining line, where the midfielders might penetrate. At each pylon are a midfielder and a defender. You will need a goalie in the cage for this drill.

**How this drill works** – It is very similar to the above drill when the attackers would use the dodge technique to get in position to take a shot. Only this time, the midfielders have 5 seconds to take execute a maneuver and then take a shot.

The goalie will call out which side – left, center, right – starts first, and then the corresponding stations will follow.

**Result** – This is another dodge and shoot drill that will be very effective for you midfield players.



### **Perimeter pass and shoot**

Quick passing to set up an open lane to shoot is crucial to gain good scoring opportunities.

**What you need** – Set up three attackers and three defenders in the offensive zone, with a goalie in the net. There is one ball in this drill.

**How this drill works** – Perimeter passing can help to open up holes in the defense to take a quick shot at the net.

In this drill, the three attacking players will stay on the perimeter and they will pass it quickly back and forth between one another while staying on the perimeter. The key to this drill is to make quick, accurate passes so the attackers can make the defenders stretch to the point they can open up a seam to make a quick dodge and take a shot.

Coaches should watch that the players are using proper technique in passes, catches and using good dodging techniques before taking the shot. The offense has 10 seconds to try and stretch the defense to the point where they are able to get a good shot on net. One point for a shot on net or a goal, or one point for a defensive play preventing a shot or goal.

**Result** – This is good one on one work for players, and it also work on a variety of other skills.

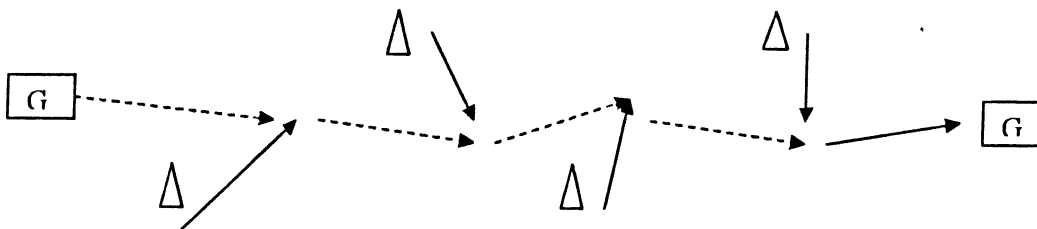


### Diagonal passing drill

This is a quick passing drill that will be a good one for players to master

**What you need** – Set up four pylons about 30 yards diagonally apart. (See diagram), two goalies should be at each end. The entire distance of this drill will be about 60 to 70 yards. Two players will be at each pylon in order to keep the drill going continuously.

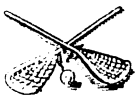
**How this drill works** – See diagram below and then corresponding explanation.



The goalie starts with the ball, and once the coaches whistle blows, the first players (at the first pylon on the left) breaks toward the center to receive a pass, then the player at the next pylon breaks to receive a pass from the first player. This goes on down the line.

Above, the receivers are marked with a solid line and the pass is denoted with a dotted line.

**Result** – This is a quick passing drill that works on a player's quick passing, catching and releasing skills.



### Pass and dodge

This is a great deal to continuously work the ball back and forth using a dodge technique.

**What you need** – Place two cones about 15 yards apart with two players behind each marker. You will need one ball for this drill.

**How this drill works** – This is a challenge drill that helps players work on their passing under pressure and their dodging to make the pass skills. Players A and B will be on one side and C and D will be at the other.



## Inside Out

Movement and passing are combined in this drill

**What you need** – Create an area that is about 20 yards by 20 yards, with 5 players (with balls) inside the square area, and 5 players (without balls) outside the square area.

**How this drill works** – Players must move around the square area maintaining good control of the ball. When the coach blows the whistle, the players inside the square must prepare to pass the ball to a player outside the square.

Once the players outside the square secure the pass, they must move inside the square, and the players inside must follow their pass outside the square. If two players pass to the same person, whichever person's pass doesn't get caught, that person is out of the drill.

It is important the coach watch for: good passing technique, good vision on the part of players and that they are moving around.

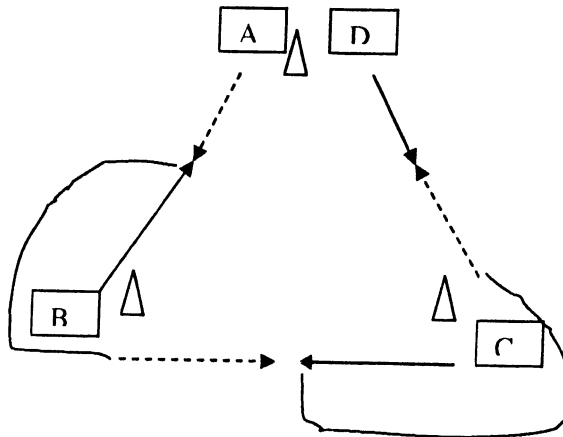
**Result** – Passers recognize players to pass to while moving around, and reinforcing passing skills.



## Passing Triangle

This is similar to the scoop triangle, but not it involves passing

**What you need** – Create a triangle area with the pylons 10 to 15 yards apart. Two players are at each pylon. You will see how the drill is set up below:



**How this drill works** – This is more of a skill-based drill that players should work on in order to develop the different dodging skills in lacrosse.

The different dodges the players can work on are: **Roll dodge, Face dodge and Split dodge**. Once the coaches go through each of these types of dodges, and giving players the proper instruction, then they should complete the same drill as above without the scooping.

This drill is not about the actual scoop, but rather the dodge and the dodge technique.

**Result** – Players need to know all of the dodge techniques in order to round out their skills as players.



### **Combination drill**

This drill is more advanced as it adds different elements of many of the previous drills. Make sure that players are familiar with all of the skills before they partake in this drill.

**What you need** – You can run two lines of attackers with the coaches at the other end. In between the coaches and the attackers are a pylon (5 yards), a defender (10 yards) and then another defender (15 yards).

**How this drill works** – When the coach blows the whistle, the player must first run to the pylon to attack and scoop the rolling ball. Then, they must drop that ball, then execute a dodge move before scooping another ball, dropping it and then battling the last defender to gain position and then get the ball on another pass.

You can add numerous variations to this drill:

- You can add two defenders and have the attacker scoop through sticks
- You can have the defenders try to compete for the ball
- You can have a player move to the right or the left to accept a pass moving in a different direction.

The purpose of this drill is to continue to reinforce many of the basic lacrosse skills, but to put it all together to try to increase their overall skill set by making the repetition more like a game situation, having to do a variety of things at once.

**Result** – Skill level, dexterity and familiarity with situations.



### **Full field fast break**

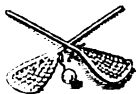
This will help players develop quick breakout and attack skills included in the fast break.

**What you need** – At each end, in front of the goal, you will have 3 attackers and two defenders. Staggered through the middle are four midfielders, with two on each side, separated by about 10 yards.

**How this drill works** – The goalie on one end starts the play by passing to the nearest midfielder. Then a tic-tac-toe type of play takes place, with the midfielders moving up the field with crossing passes, until it gets to the last midfielder at the opposite restraining line.

At this point, the midfielder brings the ball in, and he has three offensive options to pass to, with two defenders guarding those options. Play goes on until a shot, and save or goal happens.

**Result** – Experience with a fast break and then a quick attack off of the fast break.



### **Four corners shooting**

This is a typical offensive situation that teams will run into and quick action will help players take advantage of the situation.

**What you need** – You need three defenders stationed in front of the net in a triangle formation. You will have one attacker in each corner of the offensive zone, and two midfielders at the restraining line.

**How this drill works** – One of the midfielders will start with the ball and will penetrate into the offensive zone. At this point one of the defenders will engage the midfielder, leaving him or her with three passing options.

The idea is to gain the zone quickly, and then make a pass once engaged in order to set up for a quick shot. The players will have 10 seconds from the start of the drill to get a shot on the goal. A goal scores one for the offense, a stop scores one for the defense.

**Result** – This is a good game situation drill for both the offense and the defensive players.